

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

The effect of peppermint tablet on prevention of postoperative nausea and vomiting in inguinal hernia

Protocol summary

Summary

abstract Postoperative nausea and vomiting is an unpleasant complication caused by various routes. In recent years, several studies have been conducted to evaluate the pharmacological methods including special anesthetics and anti-vomiting drugs in reducing postoperative nausea and vomiting, each of which has complications that lead us to the use of herbal medicines, but the share of non-pharmacological methods such as: Oral consumption of herbs or herbs is low. Non-pharmacological studies, most of which began treatment after nausea and vomiting, and in a few others that were used preventively, Researcher decided to use the effect of peppermint tablets on the prevention of nausea and vomiting after inguinal hernia surgery. Entry criteria: aged 18 to 65 years; general anesthesia with intubation; no PEPPERMINT allergy. Exit criteria: Failure to comply with the desired anesthetic protocol; Duration of at least 30 minutes and up to 120 minutes; Don't use Dexamethasone, hydroquitizon or anti-nausea medicine before or during anesthesia. Population studied; patients with inguinal hernia hospitalized in the emergency department of Sabzevar Hospital. Sample size: 90 patients with inguinal hernia were exposed to peppermint and placebo tablets for six hours. The sampling period was 9 months. Initial outcomes include complete satisfaction of patients participating in the plan and no specific adverse events reported or observed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017081332205N1**

Registration date: **2017-08-13, 1396/05/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-13, 1396/05/22

Registrant information

Name

Mohamad Borabadi

Name of organization / entity

Sabzevar University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Sabzevar University of Medical Sciences Research Committee

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-04-30, 1396/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of peppermint tablet on prevention of postoperative nausea and vomiting in inguinal hernia

Public title

The effect of peppermint tablet on prevention of postoperative nausea and vomiting in inguinal hernia

Purpose

Prevention

Inclusion/Exclusion criteria

Entry Criteria: 1- Having a minimum age of 18 years and a maximum of 65 years of age; 2- Perform general anesthesia with intubation; 3- Underlying surgical procedure for inguinal hernia; 4- Non-allergenic to peppermint; 5-Gastrointestinal criteria: no wounds or inflammation, no history of gastric reflux, no biliary dysfunction, no bowel obstruction, no digestive tract ulceration, history of nausea and vomiting after the previous operation, no addiction to alcohol; 6- Cardiovascular system: Having ASA class (I, II) ; 7- Nervous system: Not having Alzheimer's disease and Parkinson's disease, not having internal ear disorders and migraines, history of travel sickness (seeing or riding) or vertigo; 8- Respiratory system: Absence of respiratory disease; 9- Fertility and lactation: Not pregnancy, lactation, absence of menstruation; 10- Endocrine: Absence of diabetes; Exit criteria: 1- Failure to protocol of anesthesia; 2.- Length Duration of anesthesia less than 30 minutes and more than 120 minutes ; 3- Receiving dexamethasone, hydrocortisone or anti-nausea drug before or during anesthesia.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Sabzevar University Medical Sciences Ethics Committee

Street address

Center House Asadabadi Street

City

Sabzevar

Postal code

Approval date

2016-07-12, 1395/04/22

Ethics committee reference number

IR.MEDSAB.REC.1395.52

Health conditions studied

1

Description of health condition studied

Patient Under Anesthesia

ICD-10 code

K40.9

ICD-10 code description

Unilateral or unspecified inguinal hernia, without obstruction or gangrene

Primary outcomes

1

Description

Nausea & Vomiting

Timepoint

Preoperation & Postoperation for 6 Hour

Method of measurement

Visual Scale Nausea & Vomiting

Secondary outcomes

empty

Intervention groups

1

Description

In the control group, one placebo isotrophenol isoseda company 30 minutes to 45 minutes before surgery and one other tablet of the same 3 hours after surgery, if complete consciousness and airways reflexes are used sucking.

Category

Prevention

2

Description

In the intervention group, one tablet from Isooda company 30 minutes to 45 minutes before the surgery, and one other tablet of the same 3 hours after the surgery, if complete consciousness and airway reflexes are used sucking.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Emdad Hospital shahid beheshti

Full name of responsible person

Borabadi Mohamad

Street address

Razi Street - Shahid DR.Mohamad Beheshti Emdas hospital

City

Sabzevar

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Sabzevar Medical University Research Committee

Full name of responsible person

DR. Alireza Moslem

Street address

Asadabadi Street Center House

City

Sabzevar

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Sabzevar Medical University Research Committee

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Sabzevar University of Medical Sciences

Full name of responsible person

Borabadi Mohamad

Position

Nursing Specialist Intensive Care Unit Student Degree

Other areas of specialty/work**Street address**

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Sabzevar University of Medical Sciences

Full name of responsible person

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Heart anesthesiologist

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Sabzevar University of Medical Sciences

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Position

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*